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## 4.1 — [illegible]

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[illegible] Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint [illegible]

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|---|---|---|---|
| 5-MTHF (L-[illegible]) | 400–1000 mcg [illegible] | [illegible] | [illegible] ([illegible], [illegible], [illegible]) [illegible]-[illegible] [illegible]: MTHFR [illegible] — [illegible]-[illegible] [illegible] |

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| [illegible] [illegible] [illegible] [illegible] [illegible] (B12) | 1000–2000 mcg [illegible] [illegible] | [illegible] | [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] B12 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (sublingual) [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

## 4.2 — [illegible] — [illegible]

[illegible] ([illegible]), [illegible]:

- L-[illegible] (500–2000mg, [illegible], [illegible]): [illegible] 500mg [illegible] '[illegible]
- [illegible] (100–300 [illegible]-[illegible], [illegible]): [illegible]-[illegible]—[illegible], [illegible]
- Brain Stack - [illegible] (250–500mg) + DHA (1g) + CDP-[illegible] (250mg): D1/D2 [illegible] - [illegible] 1 [illegible]
- NAC (600–1800mg [illegible], [illegible], [illegible]): [illegible] NAC [illegible], [illegible] (supplement) [illegible]
- [illegible] (300–600mg, [illegible]): [illegible]; [illegible]; [illegible]-[illegible] 2–8 [illegible]

## 4.3 — [illegible] — SERT [illegible]

[illegible] SERT [illegible]-[illegible]—[illegible]-[illegible], [illegible], [illegible]

- 5-HTP (50–150mg, [illegible]): [illegible] SSRIs [illegible]
- [illegible] (4–12 [illegible], [illegible], [illegible]): [illegible]-[illegible], [illegible] OCD ([illegible]) [illegible] — [illegible]
- [illegible]-3, EPA [illegible] ([illegible] 2–4 [illegible]): [illegible] EPA; [illegible] DHA[illegible]

## 4.4 — [illegible]

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## 4.6 — [illegible]

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| BPC-157 | [illegible] ([illegible]-[illegible]); [illegible]-[illegible]; [illegible]. | [illegible], [illegible] - [illegible] | BPC-157 [illegible], [illegible], [illegible] |
| [illegible] | BDNF [illegible]—[illegible], [illegible] BDNF [illegible] Semax [illegible] BDNF [illegible] '[illegible]; [illegible] | [illegible] 1 [illegible] | [illegible]—[illegible], [illegible], [illegible]—[illegible] BDNF [illegible] Semax [illegible] BDNF [illegible] (Intranasal)[illegible] |
| [illegible] | [illegible] (GABA) [illegible]; [illegible]; [illegible], [illegible] (crack) [illegible] (norepinephrine) [illegible] | [illegible] 1-8 [illegible] | [illegible] ([illegible], [illegible]-[illegible]) [illegible]—[illegible], [illegible] Selank [illegible] |
| [illegible] | [illegible]; [illegible] | [illegible] 1-4 | [illegible]-[illegible] |

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| | [illegible]; [illegible] [illegible] — [illegible] [illegible] [illegible]

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| [illegible] [illegible], [illegible], [illegible] [illegible] | [illegible]-[illegible] [illegible] (place-based conditioning) [illegible] [illegible] "[illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] | [illegible] 05 ([illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] '[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

## [illegible] [illegible] [illegible] [illegible] [illegible] - 5 [illegible] [illegible]

1. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

# [illegible] 6 — [illegible] [illegible]: [illegible] [illegible]

*[illegible] — [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]*

[illegible] [illegible] [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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- Crisis: 988 (Suicide and Crisis Lifeline) | 911 for medical emergencies | SAMHSA 1-800-662-4357

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**Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357**

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